



MINORITY ORGAN & TISSUE TRANSPLANT EDUCATION PROGRAM of RICHMOND

"Stepping Up to a Healthier Lifestyle"

The Minority Organ & Tissue Transplant Education Program Of Richmond (MOTTEP) is a vibrant nonprofit, organization located in the heart of Richmond, VA. The Old South District along the Jefferson Davis Highway corridor is one of Richmond's highest crime and lowest per capita neighborhoods. Yet, MOTTEP stands as a major influence in this area, shaping and molding the lives of youth and adults through a variety of health oriented educational activities and programs. MOTTEP desire to present to our community, state and ultimately the nation an awareness of lifesaving and life-changing practices to enhance our abilities to make wise and prudent decisions about our health.

The Minority Organ & Tissue Transplant Education Program Of Richmond has two major focuses. First, the increased awareness among all minorities of the dilemma that exist concerning organ and issue donations will lead to a larger donor pool and consequently greater transplant matches for minorities. Second, the practice of disease prevention within our communities could help eliminate the need for so many organs or tissue donors. This would help relieve a portion of the health care crisis that is upon us.

MOTTEP's mission plays an important role in assuring improvement in the general health of the community. Our efforts to educate the community about the dangers associated with hypertension, diabetes, alcohol and substance abuse, poor nutrition and lack of physical activity, will serve to make the community receptive of ways to improve their lifestyles. We will help by providing practical information on lifestyle changes that will serve to reduce the rate of diseases in the community and also help to control these diseases in those persons who have already been diagnosed.

MOTTEP's experience has demonstrated that minorities can reduce their susceptibility to heart disease, diabetes and hypertension if they are better informed about these diseases, learn to eat more healthy foods, engage in physical activity, avoid using tobacco and illegal substances, and get regular medical checkups. In other words, education programs directed towards minorities can lead to improvements in their general health.

There are two basic approaches to alleviating this problem. First, minorities can be encouraged to donate their organs. And second, minorities can also be encouraged to adopt healthier lifestyles that will decrease the likelihood of their needing organ transplants. Realistically, in the decades to come, our society will need to increase the number of organ donors to provide transplants for all persons on the Organ Procurement and Transplantation Network's waiting list. At the same time, our society needs to find ways to help minorities attain better general health so as to avoid the need for organ and tissue transplants.

This education series was created with the mission and goals of MOTTEP as its guide. It provides a look at future events that will enable us to become more visible and active in the community.

The program starts with the celebration of National Minority Donor Awareness Day, August 1, 2006. The event will give an overview of future events, programs and seminars that will be hosted by MOTTEP of Richmond. We will also be kicking off our "Stepping Up To A Healthier Lifestyle" summer health series. The series will consist of 4 half-day health seminars in various inner city communities during the month of August. These half-day health fairs will consist of health screenings, immunizations, medical information and speakers. It will be the combined efforts of community organizations, local business and health professionals that will ensure the success of the series. In September 2006, we will start our two-hour health information seminars. These seminars will empower, educate, motivate and inspire the attendees to take our health challenge to Step Up to a Healthier Lifestyle. We will provide informational pamphlets, health resources, health screenings and much more!

Please contact our office at 804-231-7720 or email wwjdcarmottep@yahoo.com, if you or your organization would like to assist us in making this a successful event.

MOTTEP

MINORITY ORGAN & TISSUE TRANSPLANT EDUCATION PROGRAM of RICHMOND

CELEBRATE MINORITY DONOR AWARENESS DAY

WITH

MINORITY ORGAN & TISSUE TRANSPLANT EDUCATION PROGRAM OF RICHMOND (MOTTEP)

As we Kick-off our summer health series

“STEPPING UP TO A HEALTHIER LIFESTYLE”

Join us as we provide information about our plans to take our summer health fairs to the community! You will be able to get a calendar of upcoming events, opportunity to volunteer, sponsor or participate.

This summer series will be the combined effort of

Minority Health Organizations
Hospitals
Community Business Owners
Local Media
Churches
And You!

WHEN

August 1, 2006

TIME

12 noon – until 5:00 pm

WHERE

MOTTEP of Richmond
3227 Broad Rock Blvd
Richmond, VA 23224
(804) 231-7720

This information session is open to the public.
Light refreshments will be served.

